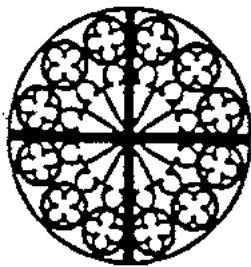




“Once to every Soul
and Nation...”

Sunday, January 15, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco



Order of Service
Sunday, January 15, 2023
10:50 AM - 12:15 PM

Livestreamed at bit.ly/uusfmedia

New to UUSF? Complete Our Connections form at <https://bit.ly/uuconnections2023>

Welcome back to those returning to onsite Worship Service!

Please stay masked during the Worship Service and maintain social distance.

After service we invite you to convene for coffee hour in the Courtyard

or online on the 1st and 3rd Sundays of the month (<https://bit.ly/coffeeuu>)

Please be mindful of social distance and wear your mask when you are not eating or drinking.

Prelude	<i>'Tis a Gift to Be Simple</i>	James Southbridge
	<i>There Is a Balm in Gilead</i>	Olive Nelson Russell
	Contemplation on <i>Once to Every Soul and Nation</i>	David Ruhl
		Reiko Oda Lane, organist

Opening and Welcome	Richard Davis-Lowell, Guest Preacher
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Unison Chalice Lighting	Bill Lowell, Worship Associate
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We light this chalice for the light of truth,
the warmth of love,
and the fire of commitment.
We light this symbol of our faith
as we gather together.

*Hymn 298	<i>Once to Every Soul and Nation</i>	EBENEZER
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[\(CLICK HERE OR TURN TO PAGES 6 & 7 TO VIEW HYMN\)](#)

Brief Invitations	Richard Davis-Lowell
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Greeting One Another

Covenant

Bill Lowell

Love is the spirit of this church, and service is its prayer.
This is our great covenant: to dwell together in peace,
to seek the truth in freedom, and to help one another.

*Doxology

TALLIS' CANON



From all that dwell be - low the skies; let songs of hope and
De to - dos ba - jo el gran sol; sur - ja, es - pe - ran - za

5
faith a - rise; Let peace, good - will on earth be sung through
fé, a - mor; ver - dad, y be - lle - za can - tan - do, de

8
ev - ery land, by ev - ery tongue.
ca - da tie - rra, ca - da voz. A - men.

Reflection

Bill Lowell

Music *Take My Hand, Precious Lord* Thomas A. Dorsey
UUSF Choir, Mark Sumner, Director; Wm. García Ganz, pianist; Kelvin Jones, soloist

Reading excerpt from "Letter from Birmingham Jail," by Rev. Dr. Martin Luther King Jr.

Music *Up to the Mountain* Debbie Griffin
Eric Shackelford, baritone; UUSF Choir, Mark Sumner, Director; Wm. García Ganz, pianist

Times of Spoken and Silent Meditation

Richard Davis-Lowell

Offering

Bill Lowell

This morning's offering will benefit the work and ministries of the **Black, Indigenous, & People of Color (BIPOC) Group**. Their mission is to provide a space for social, emotional, and spiritual support for BIPOC UUSF members and friends. Every first Sunday of the month, anyone who identifies as Black, Indigenous, or a person of color is welcome to join us for some discussion, community building, and organizing. Regular meetings take place on Zoom and in person in the Stebbins room from 9:30 to 10:50 am. If you're interested in attending, send an email to bipoc@uusf.org or visit us at <https://www.uusf.org/bipoc> for more information. To make a donation on Vanco (bit.ly/uusfpayments) or using the Donate Button (below) & on our website, please select the "Offering" choice to make your gift. If you are sending a check, please mark in the memo today's date and "special offering" 1-15-23.

[DONATE](#)

Offertory Music *MLK*

arr. Bob Chilcock; U2
UUSF Choir; Mark Sumner, Director

Sermon "Once to every Soul and Nation..."

Richard Davis-Lowell

*Hymn 159

This Is My Song

FINLANDIA

[\(CLICK HERE OR TURN TO PAGES 8 & 9 TO VIEW HYMN\)](#)

*Benediction

Richard Davis-Lowell

Postlude *The Promised Land*

Traditional American Melody arr. Joyce Jones
Reiko Oda Lane, organist

*Please rise in body or spirit.



PARTICIPANTS

Worship Leaders

Richard Davis-Lowell, Guest Preacher
Bill Lowell, Worship Associate

Sunday Support

Shulee Ong; Eric Shackelford; Jackson Munn, Livestream Cameras
Lyle Barrere, Sound
Joe Chapot, Live Chat Moderator
Thomas Brown, Sexton
Dan Barnard, Facilities Manager
Amy Kelly, Flowers
Linda Messner, Head Usher

Musicians

Reiko Oda Lane, Organist
Mark Sumner, Music Director
UUSF Choir
Eric Shackelford, Baritone
Wm. García Ganz, Pianist
Kelvin Jones, Soloist

ABOUT

After an over 40-year career in the Wealth Management industry, **Richard Davis-Lowell** has enjoyed various leadership roles within diverse purpose driven and advocacy organizations reflecting his interest in advancing equity, building community, and embodying justice in the world. Today, Richard is the Interim President and CEO of the Community Foundation of Sonoma County.

A lifelong cultural Christian, spiritual seeker, and now Unitarian, Richard has found ways to use his love of public speaking to continue his personal journey towards spiritual awakening.

Once to Every Soul and Nation

$\text{♩} = 104$

1. Once to ev-ery soul and na-tion comes the mo-ment
2. Though the cause of e-vil pros-per, yet 'tis truth a -

to de-cide, in the strife of truth with false-hood,
lone is strong; though its por- tion be the scaf-fold,

for the good or e-vil side: then to stand with
and up - on the throne be wrong. Then it is the

truth is no-ble, when we share its wretch-ed crust;
brave one choos-es, while the cow-ard stands a-side,

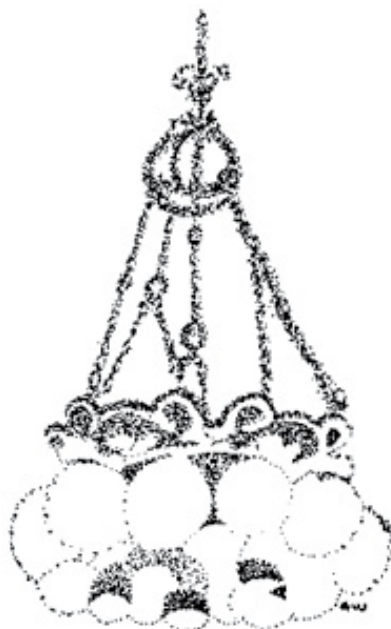
⊕ Words: James Russell Lowell, 1819-1891
Music: Thomas John Williams, 1869-1944

EBENEZER
8.7.8.7.D.

COMMITMENT AND ACTION

ere that cause bring fame and prof - it,
till the mul - ti - tude make vir - tue

and 'tis pros - perous to be just.
of the faith they have de - nied.



This Is My Song

$\text{♩} = 76$

1. This is my song, O God of all the na-tions,
 2. My coun-try's skies are blu-er than the o - cean,

a song of peace for lands a - far and mine.
 and sun-light beams on clo-ver-leaf and pine;

This is my home, the coun-try where my heart is;
 but oth-er lands have sun-light too, and clo-ver,

here are my hopes, my dreams, my ho-ly shrine;
 and skies are ev-ery-where as blue as mine.

but oth-er hearts in oth-er lands are beat-ing
 O hear my song, thou God of all the na-tions,

Words: Lloyd Stone, 1912- , © 1934, 1962 Lorenz Publishing Co.
 Music: Jean Sibelius, 1865-1957, arr. © 1933, renewed 1961 Presbyterian
 Board of Christian Education

FINLANDIA
 11.10.11.10.11.10.

P E A C E

with hopes and dreams as true and high as mine.
a song of peace for their land and for mine.



Events, Meetings & Volunteer Opportunities (www.uusf.org/news)

TODAY

We invite you to join us for Virtual Coffee Hour following the service on the first and third Sundays of each month!

Link to Zoom: <https://bit.ly/coffeeuu> Meeting ID: 725 737 157; One tap mobile: +16699006833,,725737157#

UPCOMING



UUSF church and center will be closed on Monday, January 16, 2023 in observance of Martin Luther King Jr. Day in the United States.

Rev. Dr. Martin Luther King, Jr. Day Interfaith Activities

Monday, January 16, 11:00 am (March)

From Caltrain Depot at 4th and Townsend San Francisco

The San Francisco Interfaith Council invites faith leaders and their congregations to participate in the 2023 Rev. Dr. Martin Luther King, Jr. Birthday Commemorations, which will take place on Monday, January 16. The 2023 March will depart from the Caltrain Depot at 4th and Townsend at 11:00 a.m. (arrive early). The 13th Annual Interfaith Commemoration Ceremony will begin once the March arrives at Yerba Buena Gardens Esplanade. Sponsored by the San Francisco Interfaith Council. A host of other activities and programs that will take place to mark the occasion may be found on the San Francisco Interfaith Council partner organization's website at NORCALMLK (<https://bit.ly/NORCALMLK>)



Young Adult Lunch Outing - Sunday, January 22, 12:30 @ UUSF

Join fellow young adults for our monthly lunch outing. We will gather after Sunday worship service, pick a place to eat, and then walk over there. So come enjoy the 11am service and then join Maddy, Joe, old and new friends for a meal. This is a great opportunity to meet people in our community, whether you are brand new to UUism or a life-long member. We recommend bringing small bills or be prepared to use a money transfer service of your choice.

Sign Up to Volunteer for the Interfaith Food Pantry - Saturday, January 28 from 8:15 am to 11:15 am

Join a wonderful community of volunteers every Saturday to feed our lower income neighbors. UUSF is leading the pantry crew on January 28, so this is a great time to connect with other members. Meet at Old First Presbyterian (Van Ness and Sacramento) from 8:15 - 11:15 am (or come early at 7:30 to help unload the truck). We will distribute food to 315+ households. If this is your first time, please introduce yourself to UUSF Coordinator Hanna Hart at info@uusf.org. Sign-Up: <https://bit.ly/foodpantryuusf>
Website: <https://www.uusf.org/foodpantry>

UUSF Women's Group Planning Forum! - Sunday, January 29, 9:30 am, TSK Room/Online

On January 29, there will be a forum hosted by the UUSF Women's Rights Group. A light breakfast will be served at 9am. An ecumenical group called SACReD is committed to ensuring reproductive justice for all women. We're organizing a meeting to go over the requirements for being a SACReD Congregation and what it means for UUSF. Before we may be designated, there must be a congregational vote. In order to understand more about SACReD, its guiding principles, and the procedures for attaining the designation, we hope that all UUSF members will attend this meeting.

Black, Indigenous, & People of Color Gathering - February 5 from 9:30 am to 10:50 am, Stebbins Room

The sacred space is open to our members and friends who are Black, Indigenous and People of Color. The meeting takes place by Zoom and in-person in the Stebbins Room on the first Sunday of every month often from 9:30-10:50am. If you are interested in attending or finding out more, please email bipoc@uusf.org. Please come join this space for joy, renewal, care and inspiration.

Newcomer Orientation - Sunday, February 5 at 12:30 pm in the Fireside Room

Do you want to learn more about Unitarian Universalism? Join us in the Fireside Room today after the service to meet some of our members and learn more about our congregation and Unitarian Universalism in the community.

Volunteer Opportunity at the Interfaith Winter Shelter - February 13 to March 3

From February 13 to March 3, our community will once again host the Interfaith Winter Shelter. For more than 30 years, UUSF and other faith communities in the area have collaborated with the city to provide a safe, warm place to sleep, dinner, and breakfast to 60-70 of our unhoused neighbors during the coldest, wettest months. Many people in our community volunteer for this annual ministry, helping with food preparation, shopping, and hosting. Please join other members of our congregation to help our neighbors in need. If you have any questions or would like to volunteer your time and talents, please contact **Hanna Hart** at hanna@harts.net. Sign-ups will be available soon! Website: <https://www.uusf.org/shelter>

New UU: A Welcome Home - Sunday, February 12 at 12:30 pm at UUSF

Join our new Minister for Congregational Life Rev. Laura Shennum for our New UU class! Held in-person at UUSF after worship, this interactive class will introduce you to Unitarian Universalism and our congregation. Registration now open! **Questions?** Contact Joe Chapot (jchapot@uusf.org or call 415-590-7836) Register: <https://bit.ly/uusfnewuwwinter23>



Remembering Donald Heyneman (1925-2022)

Saturday, February 18, 10:30 am, Sanctuary/Online

(<https://bit.ly/don-heyne-man-livestream>)

Donald Heyneman, PhD, touched the lives of family, friends, colleagues, students, and acquaintances with his kindness, warmth, humor, humility, and dedication to making our world a better place. On Saturday, February 18, the 98th anniversary of Don's birth, a memorial service honoring his life will be held in the Sanctuary at 10:30 a.m., and will be live streamed, followed by a reception in the King Rooms.

To learn more about Don Heyneman's incredible life, read his obituary <https://bit.ly/Don-Heyneman-Obit>

Adult Spiritual Growth Classes (www.uusf.org/are)

"Left on Tenth: A Second Chance at Life: A Memoir" by Delia Ephron

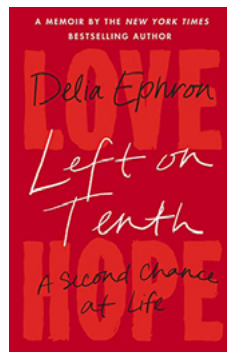
Led by Rev. Vanessa Rush Southern, Senior Minister

This is a story of enduring the loss of a spouse and a sister (so it is about enduring profound grief) and it is about illness (Delia Ephron is diagnosed with cancer) and it is about love so good for Mid-February! It is very readable and my best friend makes a cameo appearance so read it and come. There are two opportunities to participate, both on Zoom.

Wednesday, February 15, 6:30-8:00 pm or

Thursday, February 16, noon-1:30 pm

Register at <https://bit.ly/uusfmbgfeb23>



Morning Meditation

Tuesdays & Thursday, 8-8:30 am (<https://us04web.zoom.us/j/75735734442#success>)

A simple, centering loving kindness meditation practice which is appropriate for all religious backgrounds and levels of meditation

Equanimity Practice

Fridays, 8-8:30 am (<https://us04web.zoom.us/j/75735734442#success>)

A meditation practice on cultivating equanimity—that is, accepting the reality of life's highs and lows and developing an attitude of peaceful calm abiding throughout the inevitable changes.

"A People Without Vision Shall Perish"

Sunday, January 8, 10:50 AM, 2023

First Unitarian Universalist Society of San Francisco

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UUSF MEDIA

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Welcome to the First Unitarian Universalist Society of San Francisco

Since its founding in 1850 our congregation has been a beacon of religious liberalism in this city. During the Civil War, the [Rev. Thomas Starr King](#) was credited with keeping California in the Union. He also challenged racism, raised millions for humanitarian relief and inspired new efforts in education.

Unitarianism and Universalism in America both arose in New England during the American Revolution. Because the roots of both traditions are in the Judeo-Christian tradition, you will see on the walls of our sanctuary two inscriptions:

"What doth the Lord require of thee, but to do justly, to love mercy, and to walk humbly with your God?" (from the Hebrew prophet Micah) and "The Kingdom of God is within you." (from the Gospels)

Our religious forebears were far more interested in the teaching examples of Jesus than in beliefs about Jesus. Today we agree more about how we strive to treat others than we do about beliefs. Our backgrounds and spiritual orientations are diverse. Among us are people who consider themselves atheists, agnostics, humanists, Christians, Jews, Buddhists, Muslims, Pagans and people guided by other forms of spirituality and belief.

Belief is many things, and so is disbelief. But we are interested in what happens to us when we open our minds to wider truth, our hearts to compassion, and our souls to the call to work for justice and peace.

OUR SOCIETY'S VISION

We, The First Unitarian Universalist Society of San Francisco, delight in our authentic, inclusive congregation that reaches across generations, ethnicities, and differences. We take care of one another, building spiritual community, knowing that we are stronger and accomplish more together. Guided by our responsibility to future generations, we take leadership in shaping a compassionate, sustainable world. Inspired by our courageous heritage and compelled by conscience, we hold one another accountable to work for racial, environmental, and economic justice and the dignity and rights of all.

OUR SOCIETY'S MISSION

As a vibrant, joyous, caring, inclusive community of diverse people, we create a nurturing space for spiritual growth and learning. Based on our shared values, we work together courageously and publicly for human rights, economic justice, and environmental salvation.

For more about our congregation,
please visit our website at www.uusf.org.

First Unitarian Universalist Society of San Francisco
1187 Franklin Street, San Francisco, CA 94109
415-776-4580 / info@uusf.org